

Toolkit: Heart Attack Signs/Symptoms

A Case for Change

National Facts:

- Each year, about 1.1 million Americans suffer a heart attack. About 460,000 of those heart attacks are fatal. Those figures would change if more Americans got to a hospital as fast as possible when a heart attack happened. (http://www.nhlbi.nih.gov/actintime/ab_site.htm)
- Every year, about 785,000 Americans have their first heart attack. (<http://www.cdc.gov/heartdisease/facts.htm>)
- In a 2005 survey, most respondents—92%—recognized chest pain as a symptom of a heart attack. Only 27% were aware of all major symptoms and knew to call 9-1-1 when someone was having a heart attack.
 - (Centers for Disease Control and Prevention. Disparities in Adult Awareness of Heart Attack Warning Signs and Symptoms—14 States, 2005. *MMWR*. 2008; 57(7):175–179).
- About 47% of sudden cardiac deaths occur outside a hospital. This suggests that many people with heart disease don't act on early warning signs.
 - (Centers for Disease Control and Prevention. State Specific Mortality from Sudden Cardiac Death: United States, 1999. *MMWR*. 2002;51(6):123–126)
- Racial gaps exist in women's heart-health awareness. Women's knowledge of heart attack warning signs requires attention and nearly half of women report they would not call 9-1-1 if they were having heart attack symptoms, according to 2010 research published in *Circulation: Cardiovascular Quality and Outcomes*, a journal of the American Heart Association. (<http://www.newsroom.heart.org/index.php?s=43&item=943>)

Iowa Facts:

- Of Iowans surveyed about heart attack symptoms in 2009:
 - 62.1% knew that pain or discomfort in the jaw, neck, or back was a symptom;
 - 66.7% thought that feeling faint, light-headed, or weak was a symptom;
 - 95% knew that chest pain or discomfort was a symptom;
 - only 41.2% knew that sudden trouble seeing in one or both eyes was not a symptom;
 - 89% knew that pain or discomfort in the arm or shoulder was a symptom; and
 - 87.9% knew that shortness of breath was a symptom of a heart attack.
 - Only 16.7% correctly knew all six symptoms of a heart attack.
- Knowledge of heart attack symptoms was better in Iowa women than men and was better with increasing education and income.
- The group with the highest percent knowledgeable of heart attack symptoms was those with household incomes of \$75,000 or more (22.6%), while people with less than a high school education and people age 18 to 24 years were both the lowest (6.1%).
- When asked the first thing they would do if they thought someone was having a heart attack or stroke, 87.7% said to call 9-1-1.
- Women, younger age groups, most educated, and those with the highest income were more likely to know to call 9-1-1. The lowest percent was among people with less than a high school education (81.4%), while the highest percent was among people age 18 to 24 years (91.1%).

This toolkit will:

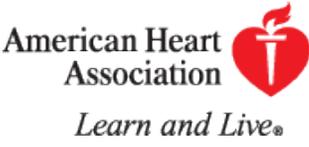
- Provide Iowa health care providers with educational resources to better inform their patients about the signs and symptoms of a heart attack.
- Provide Iowa health care providers with evidence and support in order for them to become advocates for policy/environmental change.

Toolkit Created: January 2011

1. Health in Iowa Annual Report from the Behavioral Risk Factor Surveillance System. Iowa 2009.

Toolkit

Clinical Guidelines and Protocols

<p>Heart Attack Website, The American Heart Association</p> <p>This website has many heart attack resources: About Heart Attacks, Warning Signs of Heart Attack, Understanding Your Risk of Heart Attack, Symptoms & Diagnosis of Heart Attack, Prevention & Treatment of Heart Attack, and Tools & Resources. In addition there are links to printable Heart Attack Information Sheets and registration for a free Heart Attack E—newsletter.</p> <p>http://www.heart.org/HEARTORG/Conditions/HeartAttack/Heart-Attack_UCM_001092_SubHomePage.jsp</p>	
<p>Act In Time To Heart Attack Signs, The National Heart, Lung, and Blood Institute (NHLBI).</p> <p>The National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health, designed this Web page as part of a campaign to increase awareness of the need to act fast when someone may be having a heart attack. Fast action can save lives and limit damage to the heart.</p> <p>Called "Act In Time To Heart Attack Signs," the campaign involves a call to action that urges physicians to educate their patients about heart attack risk, warning signs, and survival. The campaign offers educational materials for both the public and health care professionals.</p> <p>http://www.nhlbi.nih.gov/actintime/index.htm</p>	 

Educational Materials

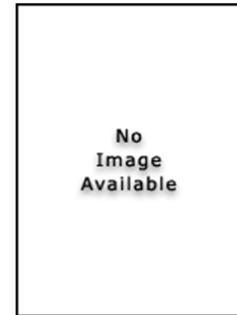
Provider Education

<p>Act in Time to Heart Attack Signs Poster. National Heart, Lung, and Blood Institute. September 2001.</p> <p>A great resource to place in your exam room or in the waiting area of your clinic! (Limit 5) Item # 01-3646.</p> <p>http://www.nhlbi.nih.gov/health/public/heart/mi/poster.htm</p>	
<p>Act in Time to Heart Attack Signs – Physicians Reference Card. National Heart, Lung, and Blood Institute. September 2001.</p> <p>This handy card gives physicians and other health care providers talking points for discussing heart attack warning signs and survival steps with patients. (Limit 10) Item # 01-3313. http://www.nhlbi.nih.gov/health/prof/heart/mi/provider.htm</p>	

Act in Time to Heart Attack Signs – Small Group Session Kit. National Heart, Lung, and Blood Institute. November 2001.

This kit contains resources to present a 1-hour small group session on heart attack survival. The lesson plan includes talking points, reproducible handouts, 22 overhead masters, tips on how to organize, publicize, and more. Packaged in a sturdy 9 by 12 inch storage box. The 13-minute "Act in Time" video comes in each kit and is an integral part of the small group experience. Use for your next talk at a senior center, hospital, church, adult education class, worksite health and safety meeting, or community group. For a more lasting effect, hand out [brochures](#) or [wallet cards](#) (available separately). The 22 overhead masters are also available online as slides in PDF or Microsoft PowerPoint formats. (Limit 10). Item #KT-017_01.

<http://www.nhlbi.nih.gov/health/public/heart/mi/wallet.htm>



Patient Education

Make the Call. Don't Miss a Beat, National media Campaign for women regarding their specific heart attack warning signs that may be different than those of men. Website has links to radio and newspaper PSAs, videos, posters, refrigerator magnets, as well as other resources. This is a new campaign that was released in February 2011 by DHHS, Office of Women's Health

<http://www.womenshealth.gov/heartattack/>



Warning Signs and Actions: Our Guide to Quick Action for Heart Attack, Cardiac Arrest and Stroke Emergencies. #15-1636. American Heart Association.

This brochure explains symptoms of stroke and heart attack and tells how to respond, stressing the need for immediate action. \$36.95 for 50.

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Signs of a Heart Attack. #50-1647. American Heart Association.

A concise brochure that details the signs of a heart attack and the need for immediate medical attention. The first-person format of this brochure makes it easy to understand for audiences. This brochure is written at a fourth-grade reading level. \$39.95 for 50.

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Act in Time to Heart Attack Signs – Patient Action Tablet. National Heart, Lung, and Blood Institute. September 2001.

This tablet-sized prescription pad gives physicians and other health care providers an easy way to reinforce the key points of a patient discussion about heart attack warning signs and survival steps. Order: \$120 for 100 copies. Item # 01-3669.

http://www.nhlbi.nih.gov/health/public/heart/mi/act_plan.htm



Act in Time to Heart Attack Signs Patient Handout. National Heart, Lung, and Blood Institute. November 2004.

This easy-to-read handout tells patients about the warning signs of a heart attack using both illustrations and text. (Limit 10) Item #03-5062.

http://www.nhlbi.nih.gov/health/public/heart/mi/handout_en.htm



Act in Time to Heart Attack Signs Patient Handout in SPANISH. National Heart, Lung, and Blood Institute. November 2004.

This easy-to-read handout (in Spanish) tells patients about the warning signs of a heart attack using both illustrations and text. (Limit 10) Item #03-5070.

http://www.nhlbi.nih.gov/health/public/heart/mi/handout_sp.htm



Act in Time to Heart Attack Signs Core Brochure. National Heart, Lung, and Blood Institute. November 2004.

Easy-to-read brochures covering the actions that may help a person survive a heart attack. Cost \$60.00 for 100 copies. Item #01-3525.

http://www.nhlbi.nih.gov/health/public/heart/mi/core_bk.htm



Act in Time to Heart Attack Signs Core Brochure (in SPANISH). National Heart, Lung, and Blood Institute. November 2004.

Easy-to-read brochures covering the actions that may help a person survive a heart attack. (Limit 10). Item #01-3526.

http://www.nhlbi.nih.gov/health/public/heart/mi/core_sp.htm



Act in Time to Heart Attack Signs – Wallet Card. National Heart, Lung, and Blood Institute. November 2001.

This pocket-sized card for wallet or purse gives brief reminders of heart attack warning signs, steps to take if symptoms occur, and the importance of acting quickly. (Limit 10). Item #01-3667.

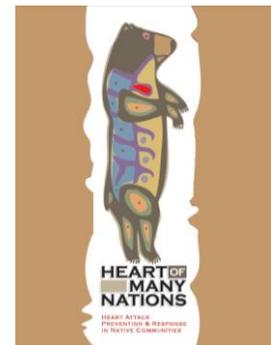
<http://www.nhlbi.nih.gov/health/public/heart/mi/wallet.htm>



Heart of Many Nations: Heart Attack Prevention and Response in Native Communities Curriculum. Minnesota Department of Public Health. 2010.

Curriculum created by the American Indian community members, health care providers and the Minnesota Heart Disease and Stroke Prevention Unit to address heart attack disparities in their community. Meant to increase Native communities' awareness of the signs and symptoms of a heart attack and the importance of calling 911 as well as heart healthy practices. A great resource!

<http://www.health.state.mn.us/divs/hpcd/chp/cvh/heartmanynations.html>



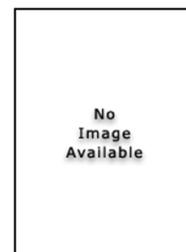
Other

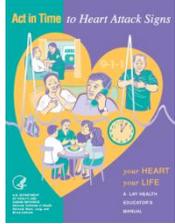
Media

Act in Time to Heart Attack Signs Video. National Heart, Lung, and Blood Institute. 2001.

Moving stories of three heart attack survivors and their stories about heeding the warning signs of a heart attack. (Cost: \$5.50) Item #56-042N.

<http://www.nhlbi.nih.gov/health/prof/heart/mi/aitvideo.htm>



<p>Act in Time to Heart Attack Signs Video (in SPANISH). National Heart, Lung, and Blood Institute. 2001.</p> <p>Moving stories of three heart attack survivors and their stories about heeding the warning signs of a heart attack. (Cost: \$5.50) Item #56-078N.</p> <p>http://www.nhlbi.nih.gov/health/prof/heart/mi/aitvideo_sp.htm</p>	
<p>Act in Time to Heart Attack Signs—A Lay Health Educators Guide. National Heart, Lung, and Blood Institute. April 2003.</p> <p>Part of a heart-health education course for Latinos. (Cost: \$100 for 100 copies) Item #56-112N.</p> <p>http://www.nhlbi.nih.gov/health/prof/heart/mi/he_manual.htm</p>	
<p>Act in Time to Heart Attack Signs—A Lay Health Educators Guide (in SPANISH). National Heart, Lung, and Blood Institute. April 2003.</p> <p>Part of a heart-health education course for Latinos. (Cost: \$100 for 100 copies) Item #56-113N.</p> <p>http://www.nhlbi.nih.gov/health/prof/heart/mi/he_manual_sp.htm</p>	

Mentors

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Resources

Journal Articles and Reports

<p>Racial and ethnic disparities associated with knowledge of symptoms of heart attack and use of 911: National Health Interview Survey. McGruder HE, Greenlund KJ, Malarcher AM, Antoine TL, Croft JB, Zheng ZJ. 2001.</p> <p>http://www.ncbi.nlm.nih.gov/sites/entrez?orig_db=PubMed&db=pubmed&cmd=Search&term=McGruder%20HE%5Bauthor%5D</p>	
<p>Effect of Language on Heart Attack and Stroke Awareness Among U.S. Hispanics. Published in the American Journal of Preventive Medicine. Volume 30, Issue 3. Pages 189-196. March 2006.</p> <p>http://www.ajpm-online.net/article/S0749-3797(05)00438-1/abstract</p>	
<p>Public recognition of major signs and symptoms of heart attack: seventeen states and the US Virgin Islands. Greenlund KJ, Keenan NL, Giles WH, Zheng ZJ, Neff LJ, Croft JB, Mensah GA. 2001.</p> <p>http://www.ncbi.nlm.nih.gov/pubmed/15199349</p>	

Websites

- American Heart Association – http://www.heart.org/HEARTORG/Conditions/Conditions_UCM_305346_SubHomePage.jsp
- Act in Time to Heart Attack Signs – <http://www.nhlbi.nih.gov/actintime/index.htm>
- WomenHeart: The National Coalition for Women with Heart Disease – <http://www.womenheart.org/supportForWomen/prevention/questionHeartAttack.cfm>
- Make the Call. Don't Miss a Beat – <http://www.womenshealth.gov/heartattack/>

Healthcare Professional Organizations

- American Heart Association

- American Stroke Association
- Centers for Disease Control and Prevention
- Joint National Committee
- National Heart, Lung, and Blood Institute
- United States Preventive Services Task Force

Reference

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